

Won Ki Dan Boub #11

Posture Descriptions

1. Feet shoulder width apart, palms touching the chest with the thumbs in the armpits. Lean back.
2. Postures #2 and #4 are opposites. Feet shoulder width apart, bend forward until right fingertips touch the ground, keep the back and the right arm straight, the heels are off the ground, the back of the left hand is in contact with the right hip, twist the body to the left and look horizontal.
3. Postures #3 and #5 are opposites. Feet shoulder width apart, left palm contacts the back of the head and the back of the right hand is in contact with the left kidney.. Lean back and twist the upper body to the left Look to the side.
4. Opposite of posture #2.
5. Opposite of posture #3.
6. Feet shoulder width apart, lean back and stretch the arms vertically up, the palms are shoulder width apart facing toward each other,. Look forward. **Microcosmic orbit.**
7. Sitting on your knees, keeping them together, toes are tucked forward, sit straight with the arms hanging straight down. **!2 Circulation.**
8. Postures #8 and #10 are opposites. Sitting with your legs spread wide apart, twist to the left keeping the spine straight, the left arm is straight with the fingertips contacting the ground, the right palm contacts the left shoulder. Look to the side.
9. Lying on your back, feet together, arms straight beside the body, palms face down. **14 Circulation.**
10. Opposite of posture #8.
11. Push up position, feet are shoulder width apart, keep the back straight, resting on the fingertips. **365 Points Circulation.**
12. Lotus posture, palms resting on the knees facing down.

